

Chef Nicole Straight

Chef Nicole Straight focuses her talents on creating simple and healthy food. She does more than demystify cooking great meals. The recipes and techniques explored in her writing, teaching and television appearances are designed for parents and busy people. Everyone needs time to eat and enjoy what they have prepared. Chef Nicole Straight weaves this belief into her menus, 15-minute meal recipes, classes and presentations.



Like many chefs, Nicole's grandmother and mother drew her into the kitchen in early childhood. This family-kitchen spirit brought her to Tuscany after graduate school. In Italy, she added professional skills to family tradition at La Cucina al Focolare. Working as a private chef and with a food and lifestyle television program, together with her other experiences, has given Nicole a unique blend of skills.

As a private chef, Nicole observed how busy people can miss out on cooking's pleasures. Becoming a parent, taught her that families face the same time pressures, with the added difficulty of satisfying both children and parents. These insights flow together in her approach to cooking, teaching and writing: Time to Eat!

Nicole's Time to Eat! gives parents and busy people ways to enjoy cooking within their busy schedules. In Time to Eat! classes, her students learn to prepare easy 15-minute meals. Each student leaves understanding cooking's basic techniques and tools. Nicole's tips on shopping and list of staples open the world of stress-free cooking to the parents, professionals and business people taking Time to Eat! classes. Easy. Healthy. Quick. Nicole helps everyone find time to eat.

Via her classes, writing, blog, website, cooking on television and interviews, Nicole brings the Time to Eat! philosophy to a broad audience. By presenting her expertise across a variety of media, Nicole helps more and more people find time to eat and enjoy solid nutrition with enticing flavors.

Chef Nicole Straight is dedicated to good, healthy food and the techniques that make it easy for parents and busy people to enjoy cooking and eating 15-minute meals. In the kitchen, in front of the camera, and on the page, Chef Nicole Straight keeps cooking simple, flavorful, and fun.